Application No. 10/735,343 Amendment dated September 1, 2004

Amendments to the Abstract:

Please replace the abstract currently on file with the following amended abstract:

A shoe includes a rear sole support for receiving a replaceable rear sole to provide longer wear. The shoe may also include a flex ble plate supported by the rear sole support between-the heel-and the rear sole to reduce midsole compression and provide additional spring. A mounting member secures the rear sole to the rear sole support, and a locking member-prevents rotation of the rear sole relative to the rear-sole-support during use. -The replaceable rear sole and the flexible plate allow the shee to be adapted to different desired performance characteristics depending upon the intended activity and terrain or playing-surface has an upper and a sole including a member having a top wall with a lower surface. The member has a bottom wall with an upper surface. The bottom wall has at least two portions approximately planar with each other, parallel with the ground, and separated by a gap therebetween. The top wall and the bottom wall each are connected at a closed end by a curved wall proximate the mid-foot region of the shoe. The top, bottom, and curved walls are integral. The top and bottom walls are spaced a distance from each other so that during the wearer's gait cycle when the shoe is in contact with the ground the predetermined distance is reduced. The sole includes at least one element positioned between the top wall and the bottom wall. The element has an interior sidewall. A void is located beneath the lower surface of the top wall and above the upper surface of the bottom wall and defined at least in part by the interior sidewall of the element. At least one opening is in communication with the void on at least one of the medial and lateral sides of the shoe. The sole includes a bottom surface that is at least in part ground-engaging.